

## Please Pray For...

Sandra, Gordon, Steven, Simsun, Carole, Anthony, Kirk, Matthew, Sheree, Chris, Zachary, Casey, Nadya, Jo Anna, Chad, Anna, Dimitry, Zachariah, Rachel, Sevrin, Christopher, Macrina

### For those in the Armed Services:

Brook, John, Michael, Travis, Zachary, Scott, Greg, Alyssa, Lane, Benjamin, Cassian, Isaac

### For those expecting:

Marie, Macrina, Maria, Elizabeth, Kristina, Kirstin, Macrina, Euphemia

### For the Catechumens:

Kacy, Sophia, Jeffrey, Caleb, Morgan, Anya, Diana, Nate, Sacha, Aruna, Milo, John, Krista; Zachary, Jessica, Piama, MaryAnn, Katya, Zoditu, Daniel, Jason, Jeremy, Michael, Clair

### For those in prison:

David, Jeremy, Victor, Andrew, Michael, Stephen, Douglas, Jason, Christopher, Joshua, Eugene, Elijah, Nikolai, Nicholas, Simon

**For the reposed:** Subdeacon Luke; Geneva; John; Henry; Dorothy

### Prayer requests:

Thank you for your prayers, my ultrasound was good today, the tumor was only slightly bigger by 2mm. I will have the operation to remove it on Holy Tuesday, at 4:30. **Ambrose** is doing better in his arm and shoulder. I humbly ask for prayers for Ambrose and my mental stress being calmed and peace given from our Lord. In Christ, **Dymphna** Shrum

Please pray for the **Dawson family** of Holy Apostles. **Xenia** and **Abraham's** daughter, **Dorothy**, was stillborn on Saturday. She was laid to rest yesterday. Anna (Dolores) Delgado

**Jason** (Arseny) got the job at Mod Pizza in Forest Grove and starts next week. For now it is part time but he can pick up shifts from other Mod Pizza restaurants in the local area. Please pray that he gets enough work to make ends meet. Paul Blattner

I was recently accepted into a new program but haven't committed yet. Please pray that Holy Spirit would guide me through these choices because there is a lot to weigh and consider. Thank you, **Aaron** "Luke"

Please pray for **Bronwyn** - for spiritual and physical healing and for protection from demonic oppression. Thank you, dear prayer warriors. In Christ, Elizabeth Miles

I am here again asking for prayers for my dear high school friend **Ron**. Please pray that his pain is manageable, that he gain strength in body and in spirit, and that he may face this challenge while mostly alone. In Christ's Name who knows all things. Thanks, Anna Quinn-Smith

**Emily** (Ruth) had her first round of chemo one week ago. Thank you all for your continued prayers, it means so much to her, knowing of your prayerful love. In Christ, David and Trisha Taylor

# EASTERN ORTHODOX CHURCH OF THE ANNUNCIATION

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Fr. Dn. John Jensen, Fr. Dn. Cuthbert Downs

[www.annunciationorthodoxchurch.org](http://www.annunciationorthodoxchurch.org)

♦ April 28<sup>th</sup> 2024 — May 5<sup>th</sup> 2024 ♦ Tone Six

## Entry of our Lord into Jerusalem—Palm Sunday Apostles Jason and Sospater of the Seventy and those with them

The companions of Apostles Jason and Sospater: Martyrs Saturninus, Jakischolus, Faustianus, Januarius, Marsalius, Euphrasius, Mammius, the virgin Ceryra, and Christodulus the Ethiopian, at Corfu (63). Martyrs Zeno, Eusebius, Neon, and Vitalis, who were converted by Apostles Jason and Sospater (63). St. Auxibius, bishop of Soli on Cyprus (102). Martyrs Dada, Maximus, and Quintilian, at Dorostolum in Moesia (286). Martyr Tibald of Pannonia (304). St. Cronan, abbot of Roscrea Monastery, Ireland (7<sup>th</sup> c.). St. Cyril, bishop of Turov (1183). St. Cyriacus, abbot of Kargopol (Vologda) (1462). St. Basil (Kishkin), hieroschemamonk of Glinsk and Ploshchansk hermitages (1831).

EPISTLE: Philemon 4:4-9 GOSPEL: John 12:1-18

### A Warm Welcome to all our Guests!

We are very pleased you have joined us for worship today and hope that you will join us for coffee hour after the service. Please note that reception of the **Holy Eucharist is only for baptized members of the Orthodox Church** who have prepared with prayer, fasting, and periodic confession. You are encouraged to receive the blessed bread that is offered at the end of the service and which may also be offered to you by one of your neighbors during Communion.

**Sun Apr 28<sup>th</sup>** 8:30 am Matins  
8:30 am Sunday School – Ages 3 - 8  
9:00 am Sunday School – Grades 4 – 12  
10:00 am Divine Liturgy  
6:00 pm Bridegroom Matins  
*Liturgy is streamed on Youtube*

### Matins (Tone 1)

*After "God is the Lord..."*

**Troparia: 1<sup>st</sup> Palm Sunday (1) (twice); Glory...now and ever...2<sup>nd</sup> Palm Sunday (1)**

**Polieley and Magnification:** "We magnify Thee, O Christ the Giver of Life: Hosannah in the highest! And we cry to Thee: Blessed is He that comes in the name of the Lord!"

**Kathisma Hymn for Palm Sunday (Tone 8)**

<b>Mon</b>	<b>Apr 29<sup>th</sup></b>	<b>Great and Holy Monday</b> Nine Martyrs at Cyzicus: Theogenes, Rufus, Antipater, Theostichus, Artemas, Magnus, Theodotus, Thaumasius, and Philemon <b>7:00 am Midnight Office</b> <b>6:30 pm Liturgy of the Presanctified Gifts</b>
<b>Tue</b>	<b>Apr 30<sup>th</sup></b>	<b>Great and Holy Tuesday</b> Holy Apostle James, the brother of St. John the Theologian <b>7:00 am Bridegroom Matins</b> <b>6:30 pm Liturgy of the Presanctified Gifts</b>
<b>Wed</b>	<b>May 1<sup>st</sup></b>	<b>Great and Holy Wednesday</b> Holy Prophet Jeremiah; Icon of the Theotokos "Unexpected Joy" <b>7:00 am Bridegroom Matins</b> 5:30 pm Liturgy of the Presanctified Gifts followed by Holy Unction ( <i>bring red flowers</i> )
<b>Thu</b>	<b>May 2<sup>nd</sup></b>	<b>Great and Holy Thursday</b> St. Athanasius the Great, Patriarch of Alexandria <b>2:00 pm Vespertal Liturgy</b> <b>6:00 pm Reading of the Passion Gospels</b> ( <i>No Catechism</i> ) <b>9:00 pm Vigil begins</b>
<b>Fri</b>	<b>May 3<sup>rd</sup></b>	<b>Great and Holy Friday</b> Martyrs Timothy the Reader and his wife Maura of Antinoë in Egypt Ven. Theodosius, Abbot of the Kiev Caves Monastery <b>7:00 am Royal Hours</b> <b>4:00 pm Vespers (Descent from the Cross)</b> <b>6:30 pm Matins (Lamentations)</b> ( <i>Wear dark clothing to these services. Bring cut flowers to place on the funeral bier, and lilies for Pascha</i> )
<b>Sat</b>	<b>May 4<sup>th</sup></b>	<b>Great and Holy Saturday</b> St. Athanasius the Great, Patriarch of Alexandria <b>11:00 am Vespertal Liturgy of St. Basil (Baptisms)</b> <b>9:00 pm Reading of The Acts of the Apostles</b> <b>11:15 pm Midnight Office</b>
<b>Sun</b>	<b>May 5<sup>th</sup></b>	<b>Great and Holy Pascha</b> <b>12:00 am Paschal Matins and Paschal Liturgy</b> ( <i>Potluck meal following Liturgy</i> ) <b>3:00 pm Agapè Vespers</b>

### Bright Week Schedule of Services

May 6 <sup>th</sup>	7:45 am Matins	9:00 am Divine Liturgy	6:00 pm Vespers
May 7 <sup>th</sup>	7:45 am Matins	9:00 am Divine Liturgy	6:00 pm Vespers
May 8 <sup>th</sup>	7:45 am Matins	9:00 am Divine Liturgy	6:00 pm Vespers
May 9 <sup>th</sup>	7:45 am Matins	9:00 am Divine Liturgy	6:00 pm Vespers 7:00 pm Catechism
May 10 <sup>th</sup>	7:45 am Matins 7:00 pm Young Adults <i>at the Jensen's</i>	9:00 am Divine Liturgy	6:00 pm Vespers
May 11 <sup>th</sup>	8:00 am Matins	9:00 am Divine Liturgy 7:00 pm Great Vespers	6:00 pm Panikhida
May 12 <sup>th</sup>	8:30 am Matins	10:00 Divine Liturgy	

**Donation sign-up:** Watch for the sign-up sheets that are posted in the narthex and in the fellowship hall. We break our fast on Saturday, the 4<sup>th</sup> of May after the mid-day Liturgy with nuts, dried fruit, wine, bread and juices. There will be opportunities to donate olive oil and canola oil for general use throughout the year as well.

### Vigil Signup Sheet

There is a signup sheet at the door to the narthex for those who wish to participate in the Vigil readings. Readings begin on Thursday of Holy Week at 9:00 pm and continue through Saturday 9:00 pm excluding the hours of services.

### PARISH POLICY ON ALCOHOL USE

*Wine, beer, vodka, and other alcoholic beverages have been in use for centuries, particularly on occasions of celebration (such as Pascha). If such beverages are used, it is our duty as Christians to avoid the sin of drunkenness. Our Lord Himself warned:*

*“But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly.” (Luke 21:34; see also Romans 13:13-14 and Ephesians 5:18-19)*

In modern America, we depend on private automobiles as our principal form of transportation. Drunkenness makes us unable to drive a car safely--thus putting both ourselves and other people in danger. **Alcohol worsens our ability to make sound judgments, our reaction time, our night vision, and our coordination. Studies show that ANY level of alcohol in one’s blood impairs to some degree one’s ability to drive.**

**It is not acceptable for anyone to become drunk during any celebration or social event at the parish.** Anyone who brings alcohol for a special event should use it with strict moderation, and encourage others to do the same. Alcohol should not be offered to anyone under the legal drinking age of 21. Nor should anyone be pressed to accept a drink if he/she seems reluctant to do so.

**Any parish member who sees that someone is starting to become drunk should take that person aside, kindly encourage him or her to stop drinking, and offer assistance in arranging safe transportation home.**

Please note that if one drinks more than about 5 ounces (150 milliliters) of wine per hour, one is consuming alcohol at a faster rate than one’s body can get rid of it--and drunkenness will soon result. The same is true if one drinks more than 1.5 ounces (45 milliliters) of vodka per hour. Please also note that if one is a bit tipsy, drinking coffee will *not* help one sober up more quickly. Only time gets alcohol out of one’s body, through normal body processes.

Since one’s judgment is one of the first things affected by alcohol, many people--even with good intentions--find it too difficult to judge accurately whether they are sober enough to drive. **Parishioners are encouraged to plan ahead so that each household or group of people has a “designated driver” who will not drink during the event.**

### ПРАВИЛА ПРИХОДА ПО УПОТРЕБЛЕНИЮ АЛКОГОЛЯ

Вино, пиво, водка и другие алкогольные напитки, часто используются во время празднования Пасхи. **Наша обязанность как христиан стараться избегать греха пьянства.** Сам Господь предупреждает:

"Смотрите же за собою, чтобы сердца ваши не отягчались объядением и пьянством и заботами житейскими, и чтобы день тот не постиг вас внезапно." (Лука 21:34)

В современной Америке, основным видом передвижения является личный автомобиль. **Опьянение лишает нас безопасности в вождении автомобиля.** Алкоголь снижает возможность правильно реагировать на звук, изменяет время реакции, влияет на зрение и координацию. Исследования показывают, что **ЛЮБОЙ** уровень алкоголя в крови в разной степени влияет на вождение.

**В нашем приходе не приветствуется чрезмерное употребление алкоголя во время праздников и других мероприятий.** Те, кто приносит алкоголь для специальных мероприятий, должны употреблять его умеренно. Алкоголь не должен предлагаться лицам моложе 21 года. Никого не нужно заставлять выпивать насильно.

**Когда кто-нибудь из прихожан выглядит сильно выпившим, то желательно попросить этого человека дальше не выпивать и предложить довезти его до дома.**

Любой человек выпивший больше 150 мл. вина за час, потребляет алкоголь быстрее чем организм может вывести его и как результат - опьянение наступит быстрее. Тот же самый эффект наступит при употреблении 45 мл. водки за час. Кофе не поможет подвыпившему человеку протрезветь. Алкоголь выводится из организма по истечении некоторого времени.

Нарушение трезвого суждения является первым признаком опьянения. У многих людей возникают трудности с вождением. **Мы хотели бы попросить прихожан заранее выбрать "водителя" в своей семье или среди своих знакомых, который в этот вечер не будет выпивать и сможет их довезти до дома.**